



## Prep Lunch Menu Week 3

| DAY       | MAINS   | LITE BITE  | SIDES  | JACKET POTATO FILLING | DESSERT                    |
|-----------|---|--|--|-----------------------|----------------------------|
| Monday    | Homemade Beef Pie<br>****<br>Potato & Tomato Curry        | Fish finger Bap with Tartare Sauce                 | Oven Baked Fries<br>Peas<br>Carrots                | Cheese & Beans        | Banoffee Tart              |
| Tuesday   | Spaghetti Bolognese<br>****<br>Twice Baked Potatoes       | Chinese Pork Baguette with Hoisin Dip              | Croquet<br>Broccoli<br>Mixed Vegetables            | Cottage Cheese        | Fruit Crumble with Custard |
| Wednesday | Oyster Pork Noodles<br>****<br>Stuffed Peppers            | Chicken Caesar Sub                                 | Creamy New Potatoes<br>Cabbage<br>Mixed Vegetables | Tuna Mayonnaise       | Summer Fruit Cheesecake    |
| Thursday  | Shepherd's Pie<br>****<br>Vegetable Tagine with Cous Cous | Tandoori Chicken Wrap with Yoghurt & Mint Dressing | New Potatoes<br>Roast Carrots<br>Broccoli          | Chicken & Sweetcorn   | Chocolate Mint Iced Sponge |
| Friday    | Breaded Fish<br>****<br>Vegetables in Black Bean Sauce    | Beef Burrito Wrap with Sour Cream                  | Oven Chips<br>Peas<br>Mushy Peas                   | Cheese & Beans        | Choc Ice                   |

*Everyday Staples ~ Salad Bar, Filled Sandwiches, Jacket Potato with fillings, Baked Beans, Soup & Bread, Fresh Fruit & Yoghurts*

*If you can't see anything, please ask  
Always check the special board*

**ALLERGEN INFORMATION UPON REQUEST**